



Calories
23

Protein
2.8g

Vitamin A
312%

Vitamin C
47%

Folates
48.5%

Vitamin K
402%

Spinach

- ✓ Low calorie and high in Vitamins A, C and K
- ✓ Just 23 calories - less than 3 sticks of gum!
- ✓ As much Vitamin K as 80 prunes
- ✓ Provides pregnant mothers half their daily value of folates to prevent birth defects
- ✓ As much Vitamin A as a sweet potato

 **USGreens**